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8. (original) A package according to claim 6 wherein the maca powder mixture comprises substantially pure maca powder and a grain or vegetable flour or mixtures thereof.

9-26: Cancelled

27. (new) A method of making a food product, comprising:

- (a) drying a quantity of maca;
- (b) grinding the dried maca into a plurality of grains to form a quantity of maca flour;
- (c) combining said maca flour with a grain flour made of a grain customarily used to make yeast bread;
- (d) adding a quantity of egg whites to the combination of maca flour and grain flour, said quantity being sufficient to allow said maca flour and grain flour to form a ball of dough;
- (e) kneading said dough sufficiently long to develop a gluten matrix; and
- (f) cooking said kneaded dough to produce said food product.

28. (new) A method as in claim 27, wherein said kneaded dough is allowed to rise, and wherein said cooking comprises baking in an oven to form a bread product.

29. (new) A method as in claim 27, wherein said kneaded ball is flattened and cut into strips or other forms, and wherein said cooking comprises boiling in a liquid comprising water to form a pasta product.

30. (new) A method as in claim 27, wherein said comminuting is done by grinding of dried maca.

31. (new) A method as in claim 27, for the comprising the steps of adding powdered gluten to said maca flour and said grain flour.

32. (new) A method as in claim 27, wherein said grain flour is selected from the group consisting of wheat, spelt and rye.

33. (new) A method as in claim 27, wherein said grinding is done to a particle size in the range of the particle size of an all-purpose flour.

34. (new) A method of making a food product, comprising:

- (a) drying a quantity of maca;
- (b) grinding the dried maca into a plurality of grains to form a quantity of maca flour; and
- (c) packaging said maca flour.

35. (new) A method of making a cookie, comprising:

- (a) drying a quantity of maca;
- (b) grinding the dried maca into a plurality of grains to form a quantity of maca flour;
- (c) combining said maca flour with a grain flour;
- (d) adding a quantity of egg whites to the combination of maca flour and grain flour;
- (e) adding a quantity of lipid material to the combination of maca flour and grain flour, said quantity of eight whites and lipid material being sufficient to allow said maca flour and grain flour to form a batter;
- (f) adding a quantity of sugar to the combination of maca flour and grain flour, said quantity being sufficient to sweeten the batter;
- (g) adding a quantity of baking powder or equivalent material to the combination of maca flour and grain flour, said quantity being sufficient to cause a batter to rise when baked;
- (h) mixing said batter; and
- (i) baking said kneaded batter to produce a cookie.